

## 2009 H1N1 Influenza Information for Child Care Providers 5-4-09

KDHE and the Center for Disease Control (CDC) are working together to monitor and control cases of suspected 2009 H1N1 Influenza in the state of Kansas. While they are working and updating their information daily, there is routine information for this type of situation which child care providers can depend on.

These are the recommendations of the City of Wichita- Environmental Services Child Care Licensing Program:

## What are 2009 H1N1 Influenza, and the symptoms to watch for?

2009 H1N1 influenza is a respiratory disease whose symptoms include:

- Fever greater than 100 degrees
- Body aches
- Cough
- Sore throat
- Respiratory congestion
- In some cases, diarrhea and vomiting

## **How is it spread and how is it treated?**

This particular virus is new and is spreading from human to human. Transmission is through coughing and sneezing of infected persons, or to persons who may touch articles with the flu virus on it (Kleenex, cups, eating utensils, tooth brushes, etc.) and then touching their own mouth or nose. There is no vaccine for this virus, but at this time there is a treatment. Contact your physician if you become ill within the first 24-48 hours of the onset of symptoms. Isolate daycare children when the symptoms are first noticed and immediately notify the parents.

## What can we do to prevent the spread? Practice "disease control" daily:

- Wash your hands thoroughly and often with soap and warm water to get rid of most germs and avoid touching your eyes, nose and mouth
- Encourage children to wash their hands after coughing, sneezing, eating or toileting
- Teach children to cover their mouth and nose when coughing and to sneeze into their elbows or a tissue. Properly dispose of used tissues in covered containers. Wash your hands
- Tell parents to stay home when they or their child are sick to avoid spreading illness to other children or co-workers
- Wash toys and equipment with soap and water and disinfect using a mild bleach solution (1/4 cup bleach to a gallon of water), letting it air dry.
- Stay healthy; eat a balanced diet, get plenty of sleep and exercise, and drink plenty of water
- Report communicable disease to your local facility surveyor at 268-8351